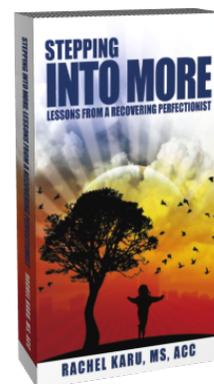




LIFE-TRANSFORMATION EXPERT RACHEL KARU,
Author of *Stepping into More – Lessons from a Recovering Perfectionist*

WHAT: Empowerment coach Rachel Karu, MS, ACC, whose new book, **“Stepping into More – Lessons from a Recovering Perfectionist”** is available -- through both interview and song -- to inspire your listeners about how to embrace their most cherished passions and go for it.



WHO: After earning a Master's degree in Counseling for Business, becoming certified as a coach, and building a successful company, Stepping into More Rachel Karu's own quest for an authentic, inspired life led her to confront her “perfectionist gremlins,” reignite her passion for singing, and write this book. A sought-after coach, keynote speaker (who sings!) and corporate trainer, Rachel's clients include Facebook, Disney/ABC, Nestle, Mattel, Raytheon, and the U.S. Navy and Marines.

BLURB: “Anyone who has ever suffered from ‘I am not enough’ syndrome can take heart and learn from (Rachel Karu’s) wisdom and guidance here. Fabulous!”
—**Chellie Campbell**, author, *“The Wealthy Spirit”* & *“Zero to Zillionaire”*

THE BOOK: **“Stepping Into More – Lessons from a Recovering Perfectionist”** is a self-help autobiography that reveals how to tap into your desires, find your own voice, and incorporate your most deeply held dreams into your day-to-day reality. Despite Rachel Karu's success as an empowerment coach, speaker and trainer, she had kept her deepest passion -- to become a singer -- hidden for 20-plus years. This book chronicles, with honesty and humor, her journey from fearful perfectionist to empowered performer. It is an insightful guide to helping readers grapple with their own “gremlins” and make clear, conscious choices that lead to a more expansive, fulfilling life. Reflective questions after each chapter connect readers with their values and lifelong passions.



Author Rachel Karu

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Author: Rachel Karu, MS, ACC **Length:** 206 pages
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Category: Non Fiction/Self-Help **ISBN:** 9781624076374

INFO: Visit www.stepsintomore.com and to hear Rachel sing, go to:
<http://www.cdbaby.com/cd/rachelkaru>

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